



## **Hamilton County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Hamilton County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Hamilton County School System that includes:

- School Health Advisory Committee – an Advisory Committee has been established for CSH in conjunction with a Healthy Communities grant awarded to the Hamilton County YMCA. School Health is a critical component of the Healthy Communities effort; therefore, the CSH Coordinator is an active member of the Healthy Communities implementation team. The Healthy Communities team, in turn, serves as the Advisory Committee for the CSH initiative.
- Healthy School Teams – fourteen elementary schools with health teams, two middle schools with health teams and two high schools with health teams
- School Health Policies strengthened or approved – Birchwood Elementary has adopted a “water only” beverage policy for all school events, Allen Elementary is working on establishing a physical activity policy for its students to increase physical activity outdoors, Allen Elementary is working on developing a Student and Faculty Wellness Policy to encourage the adoption of healthy lifestyles several Hamilton County middle and high schools are working to implement the 90-minute physical activity law without counting “walking between classes” as physical activity, *CSLA*- activity after lunch, East Ridge Middle – periods of “outside walking”, Hunter Middle – teachers do some form of physical activity each day during each class period for no less than 3 minutes, Red Bank Middle – students have a 30 minute “physical activity period” outside once each week, Sequoyah High – teachers are asked to provide their students with 20 minutes of physical activity during each block over the course of a week, and Soddy Daisy Middle – students have a 45 minute “physical activity period” once each week.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for Hamilton County totals \$ 252,782.

Community partnerships have been formed to address school health issues. Current partners include:

- The Community Foundation of Greater Chattanooga
- The Benwood Foundation
- The Junior League of Chattanooga
- The Urban League
- The Creative Discovery Museum
- UT Extension Service

- Crabtree Farms
- YMCA
- TENNdercare
- Step ONE
- United Way

### **Parent and Student Involvement Developed**

Parents are involved in school health activities in Hamilton County primarily through the health-related efforts of their PTA/PTO organizations. For instance, we have several schools that have put on Health Fairs for the community, and parents are generally a key part of such events.

We have several parents who are active members of their School Health Team. We also have student members of the School Health Teams at both of our high schools that have health teams. CSH encourages all School Health Teams to have both parent and student (for Middle and High school) representation.

As a part of the grant we received from the Benwood Foundation, CSH joined together with the Child Nutrition Department to sponsor “Chef Nights” at the elementary schools receiving the Fresh Fruit & Vegetable Grant (4 schools). These fun and festive events were held for the families of the students at those schools and featured a number of chefs preparing easy, inexpensive dishes featuring fruits and vegetables.

Currently approximately 75 parents are collaborating with CSH. Approximately 0 students are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in Hamilton County, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – blood pressure screening has been performed on nearly 24,000 students over the past 4 years. At least 105 students were referred to a health care provider as a result of several high blood pressure readings.

Students have been seen by a school nurse and returned to class (data not available).

BMI data has been collected that shows the severity of the childhood obesity epidemic in Hamilton County. BMI calculations were performed on approximately 3,400 students during the 2010-2011 school year. The results were as follows:

2.5%	underweight
56.8%	normal weight
17.9%	overweight
22.8%	obese

Nearly 41% of the students measured this year were either overweight or obese.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include scales and stadiometers to facilitate BMI data collection, 2 walking tracks put in at one of our brand new elementary schools, several pieces of playground equipment including an 8-seat swing set, a jungle gym, and 2 heavy-duty, outdoor basketball goals, every elementary school in Hamilton County has been provided with a set of the Michigan Model health education manuals to be used by counselors, physical education teachers, nurses, classroom teachers, etc. In addition, each elementary school counselor has been provided with a complete set of the support materials that accompany the Michigan Model curriculum, Michigan Model health education manuals have been provided to 15 of our 21 middle schools and to 6 of our 17 high schools. These manuals were checked in to the libraries of these schools so that they would be accessible to all school personnel, garden beds, soil, plants, seeds, etc. have been purchased for 4 elementary schools for the purpose of starting school gardens, 55 DVDs were purchased to upgrade the DVD library of the STARS (Students Taking a Right Stand) program. DVD topics ranged from solving conflicts and dealing with anger to the dangers of tobacco/alcohol/drug abuse to dating violence and relationship issues to online safety and the dangers of sexting, Wii Fit packages consisting of a Wii console, Wii Fit Plus game and 3 extra remote controllers have been provided to 18 of our schools for use in physical education class, special education classes, family fitness nights, etc., color-coded bags of playground equipment (one for each grade level) containing basketballs, soccer balls, footballs, Frisbees, etc. have been provided to 6 of our elementary schools to increase their students' activity level during recess time, and 57 schools received basic packages of fitness equipment for use by their teachers/staff (2 recumbent bikes, 2 mats, hand weights, and resistance bands).

Professional development has been provided to school health staff in the following ways. All elementary school counselors received training on using the Michigan Model for health education curriculum, 3 of our school social workers will be attending a training session on the WhyTry program, which is an evidence-based program aimed at reducing truancy while improving behavior and academics. In addition, each of these Social Workers was provided with a complete set of the WhyTry curriculum materials, one "Math & Movement" package was purchased for implementation at Spring Creek Elementary school. Math & Movement is a multi-sensory approach to teaching math that allows children to be physically active while learning and practicing math concepts. The package included an on-site workshop for the teachers involved, training manuals, DVD, and some equipment for use in the classrooms, school faculty and staff at 57 of our schools have received support for their own well-being through the purchase of basic packages of fitness equipment (2 recumbent bikes, 2 mats, hand weights, and resistance bands). This equipment is intended to be available to teachers to use at their convenience.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues. As mentioned above, the WhyTry program is a behavioral health intervention aimed at reducing truancy while improving behavior and academics. The 3 social workers we have attending the training this year will be implementing the program at their respective schools during the next school year. If the program is successful, the hope is to take the program system wide in subsequent years.

Additional highlights for Hamilton County include a Mini-Grants Program which offers an opportunity for any faculty/staff member in Hamilton County with a good idea for a health-related project to apply for mini-grant funds to implement their project. We received several great applications from staff members we had never worked with before (such as the Social Workers wishing to implement the WhyTry program and the teacher interested in introducing the Math & Movement program). Not only were we happy to fund their specific projects but we also recognize several other benefits as well.

We are hopeful that if these mini-grant projects are successful, these are programs we can look at implementing system wide in the years to come. The mini-grant opportunity opened the door to (hopefully) enable us to establish a working relationship with several schools we have not worked with much in the past.

Both the Benwood Foundation and the Community Foundation of Greater Chattanooga have a genuine interest in and concern for children's health, and both are willing to support initiatives with proven success rates and measurable outcomes.

In such a short time, CSH in the Hamilton County School System has made significant contributions to the health and well-being of our students and staff which in turn have addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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